

# Mental Health Resources for Los Angeles County

<p><b>California Children's Services (CCS)</b> Provides mental health services for CCS clients in need of treatment for mental health problems that result from, complicate or interfere with the treatment of CCS medically-eligible conditions (age 0-21).</p>	(800) 288-4584
<p><b>Department of Mental Health (DMH)</b> Provides mental health services for Medi-Cal beneficiaries with emotional/behavioral problems, and for Healthy Families members with a serious emotional disturbance<sup>1</sup> (SED) diagnosis (all ages).</p>	Local Mental Health Plan: (800) 854-7771
<p><b>Employer-sponsored group health insurance</b> May provide mental health services to individuals who are covered under an insurance plan through their employer.</p>	Contact the member services department using phone number on the member's insurance card
<p><b>Medi-Cal</b> Provides mental health services to Medi-Cal beneficiaries in need of medically necessary mental health services (all ages). If the child also has CCS, and the mental health needs are related to the CCS-eligible condition, please contact CCS (see above).</p>	(877) 597-4777 or (213) 763-7659
<p><b>Regional Center</b> Provides assistance to Regional Center clients in accessing mental health services and assists in coordination of care (all ages).</p>	East Los Angeles: (626) 299-4700 Harbor: (310) 540-1711 Lanterman: (213) 383-1300 North Los Angeles: (818) 778-1900 San Gabriel/Pomona: (909) 620-7722 South Central LA: (213) 744-7000 Westside: (310) 258-4000
<p><b>School-related psychological services</b> Mental health services are provided to students who demonstrate social, emotional, behavioral and/or trauma related problems, which inhibit their ability to learn. Services vary by school district.</p>	Contact child's school principal  For children with SED or special education diagnoses, refer to information on AB 3632 (below)
<p><b>Assembly Bill (AB) 3632 related services</b> Provides mental health services necessary for a child to benefit from education (ages 3-21).</p>	Parent should contact child's special education coordinator
<b><i>Additional Resources</i></b>	
<p><b>Family Resource Centers (FRCs)</b> Provide free information and parent-to-parent support for those caring for children with special needs (ages 0-3), including mental health conditions. Some FRCs provide information for all ages.</p>	Contact (213) 383-1300 ext. 5600 to be directed to the closest family resource center
<p><b>211 LA County</b> Helps people find and access health and related services in Los Angeles County (available 24 hours a day, 7 days a week).</p>	(800) 339-6993
<p><b>Supplemental Security Income (SSI)</b> Provides cash assistance and Medi-Cal to low-income, individuals with disabilities (all ages), including those with mental health disabilities.</p>	(800) 772-1213

<sup>1</sup> Children with serious emotional disturbance (SED) are under age 18 and have a mental disorder defined by the Diagnostic and Statistical Manual of Mental Disorders, other than a primary substance use or developmental disorder, resulting in developmentally inappropriate behavior. Children with SED meet one of the following criteria:

- A. Due to the mental disorder have severe impairment in two of the following areas: self-care, school functioning, family relationships, or ability to function in the community and either of the following occur: 1) the child is at risk of removal from home or has already been removed from the home, or 2) the mental disorder and impairments have been present for more than six months or are likely to continue for more than one year without treatment.
- B. The child displays one of the following: psychotic features, risk of suicide, or risk of violence due to a mental disorder.
- C. The child meets special education requirements under Chapter 26.5 (commencing with Section 7570) of Division 7 of Title 1 of the Government Code.

[paraphrased from California Welfare and Institutions Code. 5600.3]